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Hummus Veg Pocket ♦♦

The Hummus Veg Pocket is a delicious and healthy vegetarian recipe. It consists of a pocket filled with hummus and various vegetables. It is a perfect option for a quick and nutritious meal.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

200 g	whole wheat pita bread
150 g	Hummus
100 g	cucumber
100 g	Tomato
50 g	red onion

50 g lettuce

Directions

Step 1

Cutting

Cut the pita bread in half to form pockets.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Spreading

Spread hummus inside the pita bread pockets.

Prep Time: 3 mins

Cook Time: 0 mins

Step 3

Cutting

Slice the cucumber, tomato, and red onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Plating

Place the sliced vegetables inside the pita bread pockets.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Plating

Add lettuce to the pockets.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 6 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	8 mg	0.24%	0.31%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Cuisines

Italian

Course

Appetizers

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Oktoberfest

Demographics

Teen Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The 80/10/10 Diet

The Gerson Therapy

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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